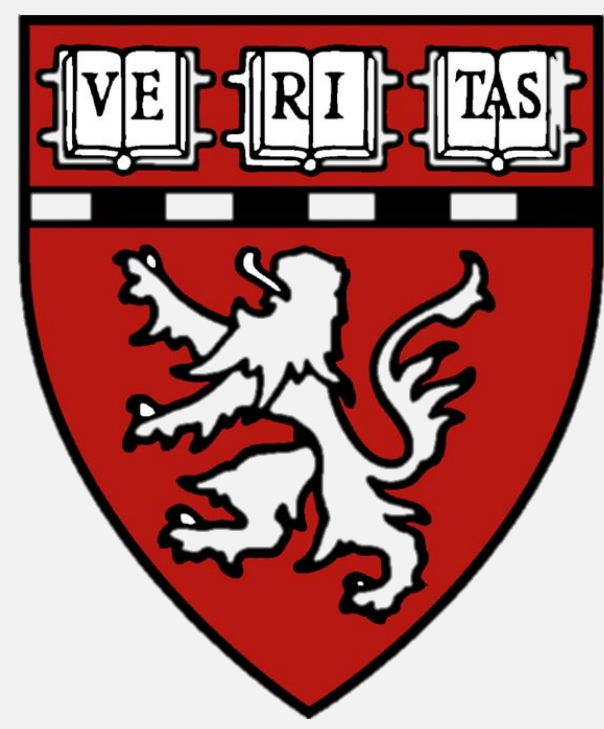




Mindful Meditation for Epidural Catheter Placement During Labor: A Single-Center Randomized Controlled Trial



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BACKGROUND

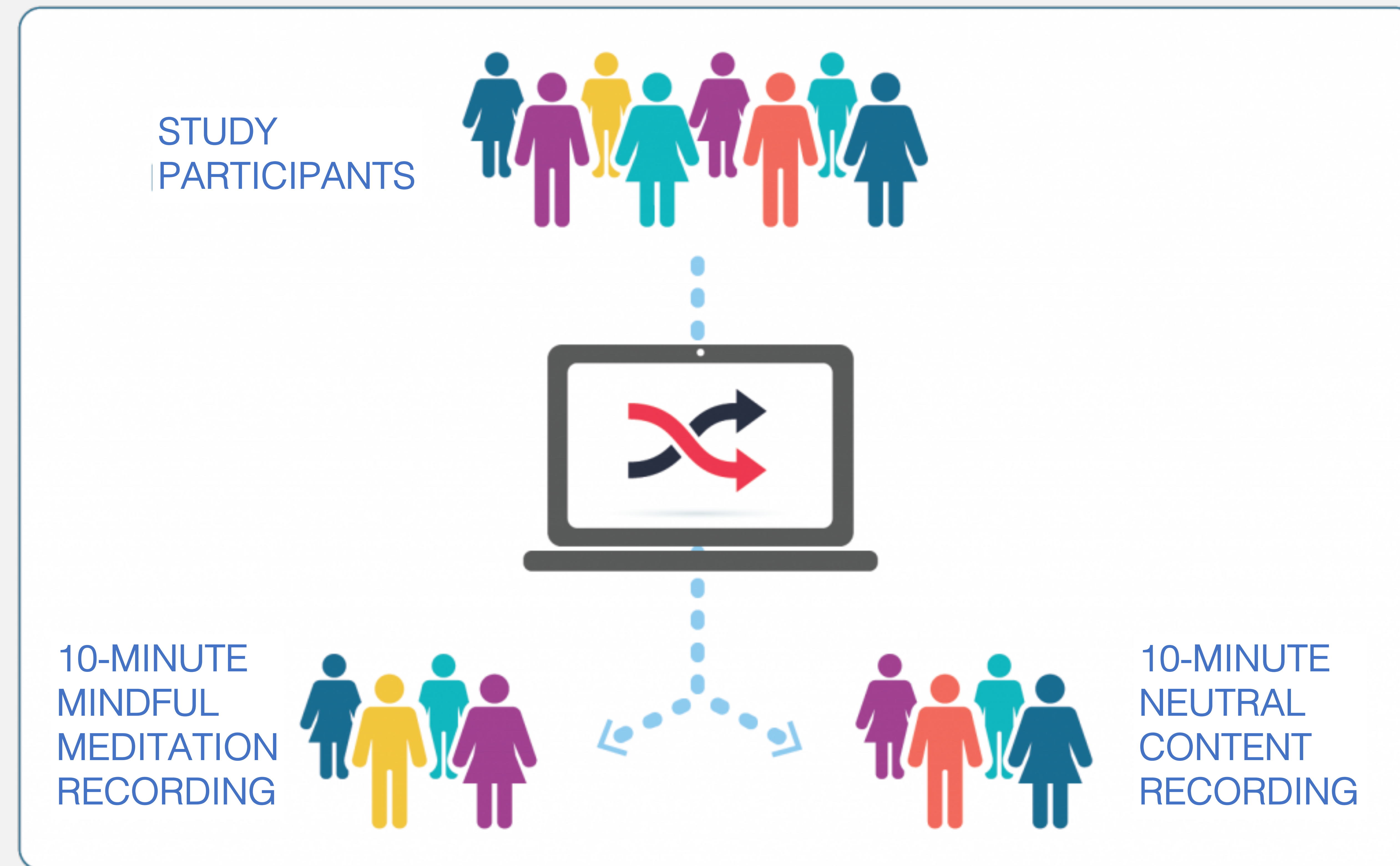
- Patients can experience anxiety with labor epidural catheter placement
- Non-pharmacologic behavioral approaches (e.g., meditation and mindfulness) have been successfully used to decrease pregnancy-related anxiety¹

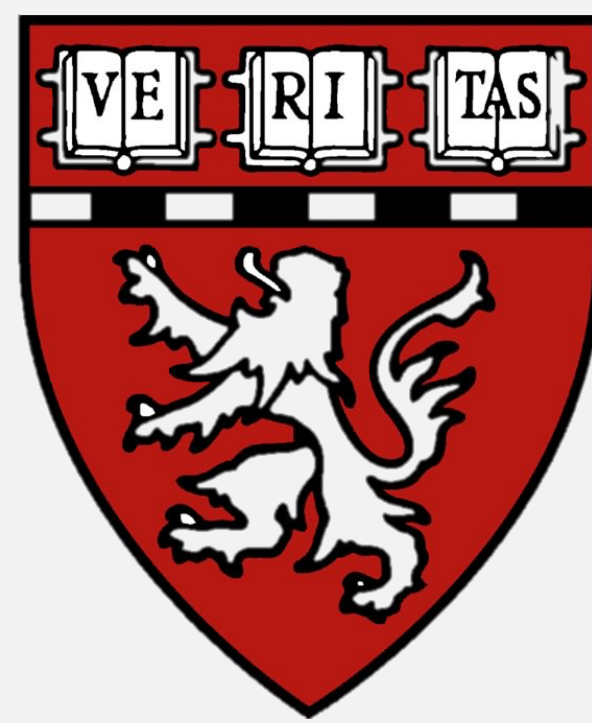
OBJECTIVE

→ To determine the impact of a brief mindful meditation intervention on anxiety associated with labor epidural catheter placement

METHODS

- IRB-approved single-center clinical trial (NCT04687085)
- After epidural catheter placement, participants reported their level of anxiety (primary outcome), pain, and satisfaction (secondary outcomes) with placement on a 0 to 10 scale





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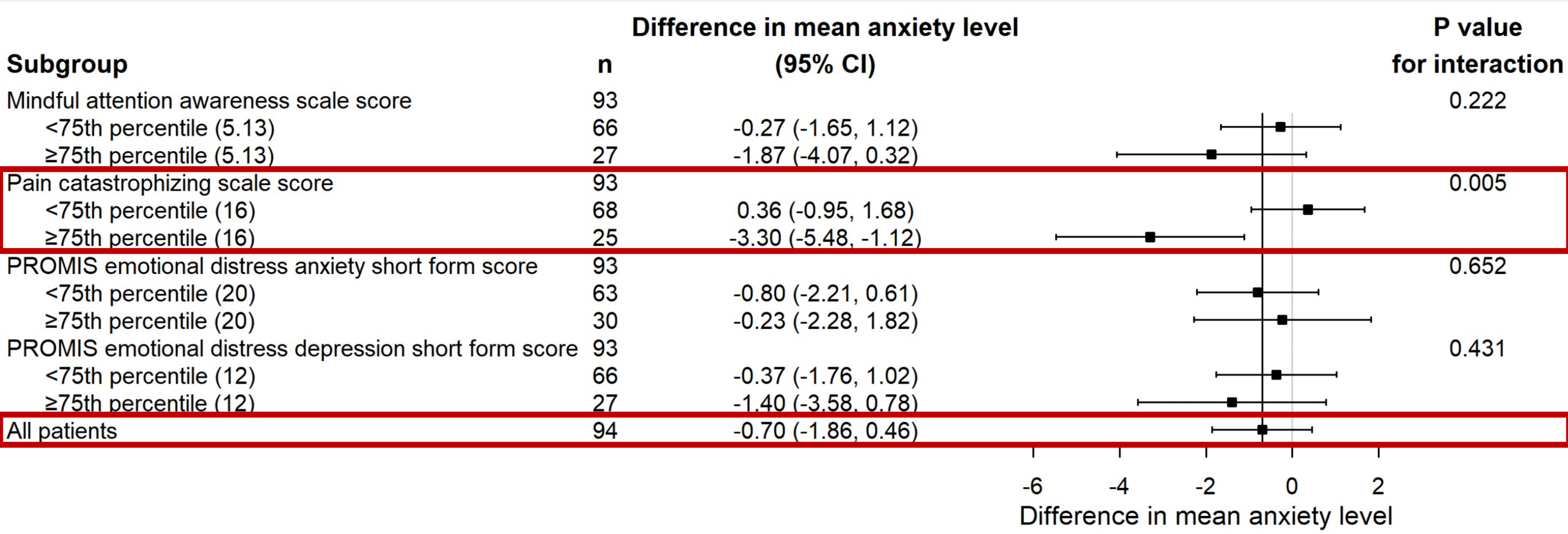
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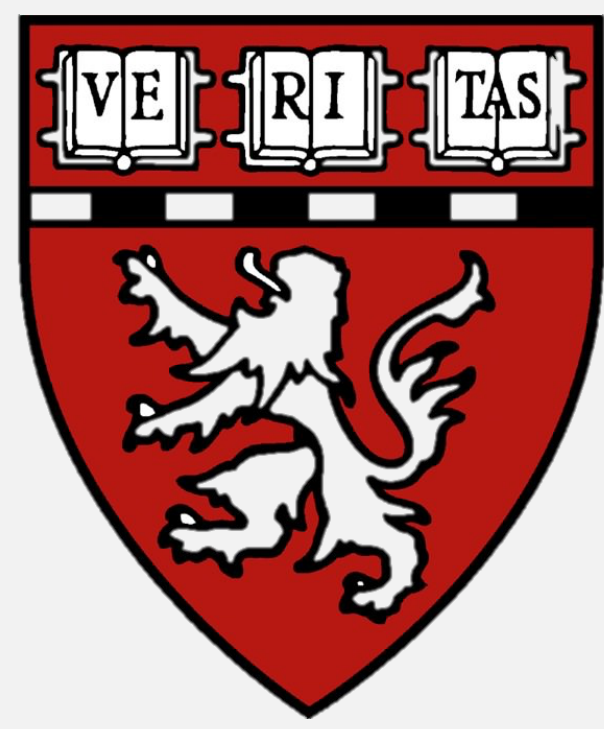
RESULTS

- A total of 100 participants were included in the intention-to-treat analysis

→ There was no difference detected in the reported level of anxiety (figure), pain, or satisfaction between groups

→ In the subgroup analysis, participants with high catastrophizing pain scores randomized to the intervention had lower anxiety levels (figure)





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KEY POINTS

1. In contrast to other studies², in this trial, there was no difference detected in anxiety scores during epidural catheter placement for laboring parturients randomized to a brief mindful meditation intervention or a neutral content recording
2. Further research is warranted to confirm our findings and assess whether mindfulness meditation can decrease anxiety in labor and delivery-related procedures
3. The potential use of meditation among pregnant individuals with high catastrophizing pain scores also needs further study